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# *Living Well* Eating Smart®

Healthy nutrition and lifestyle information for a better you.

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a dime

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With Big Y's Wellness Team: Registered Dietitian,  
Carrie Taylor, RD, LDN and Nutritionist, Andrea Samson

# ask Carrie

Big Y's Registered Dietitian, Carrie Taylor, RD, LDN



“...you spend the time to invest in cars, homes and clothes, so why not your health?”

## Is eating healthy on a limited budget an oxymoron?

Growing up in a family with a history of heart disease and stroke, I saw the cost of treating chronic diseases early on. The experience taught me how priceless prevention is and that having the best quality life beats any sale seen at the grocery store.

Shopping with health in one hand and a grocery budget in the other, your mantra must become “How can I get the most nutrient bang for every calorie I’m about to buy?” The answer: Nutrient-rich foods like whole grains, fruits, vegetables, lean proteins, lowfat milk products and heart-healthy fats.

Whole grains come in all shapes and forms: cereal, bread, brown rice, bulgur wheat, quinoa, pasta and flour. Whole grains provide more fiber than their processed, often cheaper, counterparts. More fiber during meals often means better management of appetite, cravings and weight, as well as prevention of heart disease, certain kinds of cancer and digestion issues.

For fruits and vegetables, variety is key. Vary colors and textures for nutrition. To balance your financial budget, choose from fresh, frozen, canned and dried options. Focus on fresh in-season produce and canned and frozen varieties with minimal (if any) added salt, sugar and sauces.

Lean proteins range from lowfat cuts of beef to plant-based protein powerhouse legumes (beans). Heart-healthy fats are unsaturated fats found in fish, seeds, nuts, legumes and plant oils. The serving sizes of foods in the meat and beans group, along with fruit and vegetables, is often misconstrued. When following a budget, it’s extremely helpful to follow *MyPyramid* recommended serving sizes. By doing so, you’re more apt to maintain your food supply while staying within calorie goals.

Eating home cooked meals in lieu of eating out will help keep monetary and nutrition budgets on track. Not only is it often cheaper to prepare meals from home rather than eating out, it allows greater control over the nutritional quality of your meals. For example, at home you can choose to use lowfat mayonnaise and whole grain rolls in place of regular mayonnaise and “white” rolls. Here’s an example of how you can boost the nutrition in your meal and save:

- Fast food fried fish sandwich with French fries and regular soda = ~\$5.99 for 970 calories and 37 grams of fat.
- Home broiled salmon filet sandwich with a mixed green salad and water = ~\$5 for 370 calories and 12 grams of fat.

In short, you spend the time to invest in cars, homes and clothes, so why not your health? In the end, your health is the most worthwhile investment you’ll make.

Visit BigY.com’s *Living Well Eating Smart* webpage and post a question

Send e-mails to: [askcarrie@bigy.com](mailto:askcarrie@bigy.com)

Write to: Ask Carrie  
2145 Roosevelt Ave.  
PO Box 7840  
Springfield, MA 01102



Breakfast is by far the most important meal of the day. After a long night's fast, it refuels your body for the day ahead. Despite its importance, many individuals are habitual breakfast skippers. Here are three common breakfast barriers with tips to overcome them.

### **"There's not enough time."**

Hit the road with a nutritional breakfast in hand. *Carnation® Instant Breakfast Ready-to-Drink Essentials™* offers 21 vitamins and minerals in flavors like *Classic French Vanilla* and *No Sugar Added Rich Milk Chocolate*. *Eating Right™ Multigrain Frozen Waffles* are made with whole grains, provide 3 grams of fiber per serving and are ready in minutes.

### **"I'm not hungry."**

Begin the day with a light snack. Then choose a more substantial meal in a few hours. *Heartland® Granola* is perfect for both. Start with *Heartland® Original Granola* on its own to kick-start your metabolism first thing in the morning and enjoy *Lowfat Granola with Raisins* mixed with lowfat yogurt and fresh fruit for a complete breakfast later on.

### **"I'll lose weight if I skip breakfast."**

To the contrary. Individuals who skip breakfast tend to overeat later in the day, leading to weight gain rather than weight loss. Manage weight and appetite with a balanced breakfast consisting of at least three different food groups along with protein, carbohydrates and heart-healthy fats.

Pair *Pearl® Organic Soymilk* with new *Cream of Wheat® Healthy Grain*. Top with fresh fruit and you've got a grand-slam breakfast! An 8-ounce glass of *Pearl® Organic Soymilk* contains 7 grams of soy protein, 30% and 35% the Daily Value for calcium and vitamin D, respectively, as well as potassium, folate and vitamin A. Each bowl of *Cream of Wheat® Healthy Grain* is ready in minutes and provides 6 grams of fiber — great for keeping you feeling full.



[www.carnationinstantbreakfast.com](http://www.carnationinstantbreakfast.com)



[www.eating-right.com](http://www.eating-right.com)



[www.heartlandbrands.com](http://www.heartlandbrands.com)



[www.creamofwheat.com](http://www.creamofwheat.com)



[www.pearlsoymilk.com](http://www.pearlsoymilk.com)

# Breakfast basics



**EatingSmart** **fact:**

Feeling hungrier after eating breakfast compared to when you skip? Feelings of hunger are a healthy sign that your metabolism is working and using food for energy.

Living Well Eating Smart

“Natural” and “organic” are two buzzwords that have taken center stage in recent years. Do you know what they mean?

# Natural & Organic

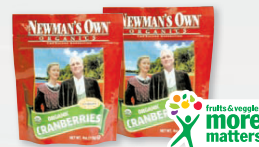


**Natural** — According to the U.S. Food and Drug Administration, natural products are minimally processed and free of synthetic and artificial ingredients (i.e., added colors).

**Organic** — Refers to how a product was grown or produced. Foods labeled organic must meet strict standards set by the United States Department of Agriculture (USDA) and be produced using little or no synthetic fertilizers, pesticides, antibiotics or hormones.

## Newman's Own Organics® Dried Fruit

Made with 100% organic ingredients and without the use of sulfites, Newman's Own Organics® Raisins and Dried Cranberries are a sweet treat. Enjoyed alone, in salad or snack mix, ¼ cup equals a serving of fruit!



[www.newmansownorganics.com](http://www.newmansownorganics.com)

## Nature's Path® Organic Cereal

Looking for a breakfast that's good for you and the environment? Nature's Path® has done just that with their line of organic cereals and granolas. Flavors like Flax Plus® Flakes and Pumpkin Flax Plus® Granola provide 5-7 grams of fiber per serving.



[www.naturespath.com](http://www.naturespath.com)

## Stonyfield® Organic Milk

With options from skim to whole, Stonyfield® Milk has you covered. Stonyfield® Organic Milk is produced by hormone- and antibiotic-free cows raised on organic farms and feed.



[www.stonyfield.com](http://www.stonyfield.com)

## Nature's Source™ Natural Cleaners

From the makers of Windex® and Shout!® Stain Remover comes Nature's Source™ Natural Cleaners, a new line of cleaning products. Options like Natural All-Purpose and Shout!® Natural Laundry Stain Remover are made with 99.6-99.9% natural and naturally derived ingredients.



[www.NaturesSourceCleaners.com](http://www.NaturesSourceCleaners.com)

## Utz® Organic Tortilla Chips

Utz® Organic Tortilla Chips are made without preservatives, artificial colors or hydrogenated oils. Each serving of Organic Blue, White and Yellow Corn Tortilla Chips contains 4 grams of heart-healthy monounsaturated fats and 1-2 grams of fiber.



[www.utzsnacks.com](http://www.utzsnacks.com)

## fact: EatingSmart

The USDA makes no claims that organic and natural products are safer or more nutritious than conventional foods.



servings: 8

## cranberry-raisin bread pudding

### ingredients:

—	Big Y® nonstick cooking spray	1½ teaspoons	grated orange zest
¼ cup	Big Y® unsalted butter	½ teaspoon	Big Y® ground cinnamon
8 slices	Big Y® 100% whole wheat bread	¼ teaspoon	ground nutmeg
		1 teaspoon	Big Y® vanilla
¼ cup	Newman's Own Organics® Dried Raisins		
¼ cup	Newman's Own Organics® Dried Cranberries		
1 cup	Stonyfield® Fat Free Milk	2 tablespoons	Big Y® honey
3	Big Y® Grade A large eggs	1 cup	Stonyfield® Lowfat Vanilla Yogurt
¼ cup	Big Y® sugar		
1 cup	Stonyfield® Lowfat Vanilla Yogurt		

### yogurt sauce:

2 tablespoons	Big Y® honey
1 cup	Stonyfield® Lowfat Vanilla Yogurt

### directions:

1. Lightly grease an 8-inch square baking dish with nonstick cooking spray.
2. Butter one side of each bread slice, then cut each slice in half. Layer bread in baking dish with buttered side facing up.
3. Sprinkle bread with dried raisins and cranberries.
4. Whisk together milk, eggs, sugar, yogurt, orange zest, cinnamon, nutmeg and vanilla.
5. Pour over bread slices and let stand one hour in refrigerator.
6. Preheat oven to 350°F. Bake 50 – 60 minutes or until an inserted knife comes out clean.
7. Prepare sauce by microwaving honey in small microwave safe bowl for 30 – 60 seconds.
8. Mix yogurt and honey together and serve over warm bread pudding.



### nutrition facts:

Calories 250, Total Fat 9 g, Saturated Fat 5 g,  
Sodium 224 mg, Cholesterol 97 mg,  
Carbohydrates 35 g, Fiber 3 g, Protein 9 g

Recipe adapted from Stonyfield.®  
Visit [www.stonyfield.com](http://www.stonyfield.com) for more  
delicious calcium-rich recipes.

# Dining on a Dime

You can eat healthy on a budget.  
Here's how!



## Know Your Budgets

Let your bank account dictate your financial budget and MyPyramid dictate your daily nutrition goals. Visit [MyPyramid.gov](http://MyPyramid.gov) for a food group budget based upon your age, height, weight, gender and activity level.

## Invest in Your Calories

Get more bang for your buck with nutrient-rich foods that provide a mixture of nourishing compounds like carbohydrates, protein, antioxidants, fiber and minerals.

Invest in and extend your juice budget with 100% juice concentrates. *Old Orchard® 100% Juice Concentrates* provide the same natural sugars, vitamins and antioxidants found naturally in bottled 100% juices but for pennies less.

Economical and nutrient-rich is the name of the game for *Big Y®* eggs. Each egg provides 7 grams of high-quality protein packed with 12 other essential nutrients like choline, vitamin A and folate — for less than \$0.25 an egg!

Get the most out of your dessert with *Cabot®* 2% Greek Style Yogurt. In decadent flavors like *Chocolate Raspberry* and *Blueberry Pomegranate*, *Cabot®* provides 13-14 grams of protein and 25% the Daily Value for calcium for only 3-3½ grams of fat.

## Be Prepared and Flexible

Just as shopping hungry can lead to overeating, shopping without a list can inflate food budgets. Formulate weekly shopping lists based upon daily meal plan goals while using coupons and weekly circulars. Shop by your list, but be open to comparable alternatives.

Jarred fruit like *Libby's® No Sugar Added* are an economical choice for meeting fruit group goals. *Libby's® No Sugar Added Yellow Cling Peaches* and *Premium Fruit Medley* are packed with water and *SPLENDA® Brand Sweetener* for 2½-3¼ fewer teaspoons of sugar per serving than those in syrup. Plus, their shelf life beats that of fresh produce.

## Stock a Healthy Pantry

Keep kitchen shelves filled with nutrient-rich staples like *Eating Right™ Pasta Sauce* and *Multigrain Pasta*. *Eating Right™* sauces and pastas offer omega-3 fats. Sauces from fish oil and pastas from multigrain, legume and flaxseed based noodles. For a quick and easy balanced meal, sauté veggies and canned beans with *Eating Right™* pasta and sauce.



[www.oldorchardjuice.com](http://www.oldorchardjuice.com)



[www.bigy.com](http://www.bigy.com)



[www.cabotcheese.com](http://www.cabotcheese.com)



[www.senecafoods.com](http://www.senecafoods.com)



[www.eating-right.com](http://www.eating-right.com)

servings: 1

## Among the Flowers Café Feta Omelet

### ingredients:

- Big Y® butter-flavored nonstick cooking spray
- ¼ cup mushrooms, sliced
- 2 Big Y® Grade A large eggs, beaten
- 2 tablespoons tomato, diced
- 1 teaspoon fresh basil, sliced
- 2 tablespoons feta cheese, cubed or crumbled

### directions:

1. Coat a small nonstick omelet pan with nonstick cooking spray and place over medium heat.
2. Add mushrooms and sauté for 4 – 5 minutes.
3. Mix in eggs, tomatoes and basil. Let set for 15 seconds.
4. Sprinkle with cheese and let set for an additional minute or until bottom is solid enough to flip.
5. Flip omelet to other side. Brown for an additional minute and enjoy!

### nutrition facts:

Calories 210, Total Fat 14 g, Saturated Fat 6 g, Sodium 324 mg, Cholesterol 440 mg, Carbohydrates 4 g, Fiber 0 g, Protein 17 g

*Recipe adapted from the menu item  
“Mushroom, Tomato and Basil Omelet”  
at Among the Flowers Café in Edgartown,  
Martha’s Vineyard, MA. Much thanks to  
owners Polly and Patrick Toomey for use  
of recipe.*

**EatingSmart**  
**fact:**

Based on food  
costs as of June  
2009, this recipe  
only costs \$1.32  
per serving!







# Fruits & Veggies Rule!

September is National Fruits & Veggies — More Matters™ Month! Celebrate with all forms of fruits and vegetables. Whether fresh, frozen, canned, dried or 100% juice, fruits and vegetables are excellent sources of vitamins, minerals, fiber and antioxidants. Aim for approximately 2 cups of fruits\* and 2½ cups of vegetables\* each day.

What counts as a ½ cup serving of fruits and vegetables? See below!

## Fresh: 1 small (or ½ large) fruit, ½ cup sliced or chopped or 1 cup raw leafy greens

Superior in flavor and quality, Driscoll's® Raspberries can't be beat! These deliciously sweet morsels are packed with 4 grams of fiber and 25% the Daily Value for vitamin C in every ½-cup serving.



[www.driscolls.com](http://www.driscolls.com)

## Canned or Frozen: ½ cup

Bove's of Vermont™ Italian Pasta Sauces are a tasty way to meet veggie goals. Sweet fresh basil and tomatoes create the base for their All Natural Basil Sauce. A ½-cup serving contains almost 200 milligrams less sodium than leading brands of sauce.



[www.boves.com](http://www.boves.com)

Did you know, a ½-cup serving of Bush's® Best Baked Beans can count as one serving of vegetables? Plus, varieties like Vegetarian provide 5 grams of fiber, 6 grams of protein and are naturally free of saturated fat and cholesterol.



[www.bushbeans.com](http://www.bushbeans.com)

## Hefty® One Zip® Fresh Extend™

Made to keep fruits and veggies fresh longer, Hefty® One Zip® Fresh Extend™ Bags help prolong the life of bananas, strawberries, peppers and more. How? Fresh Extend™ Bags slow the ripening of produce by absorbing and removing ethylene gases naturally found in food.



[www.heftybrand.com](http://www.heftybrand.com)

## Dried: ¼ cup

Made from only "California grapes and sunshine," Sun-Maid® Raisins make it easy to reach fruit goals when on the go. Each ¼-cup serving delivers 310 milligrams of potassium and 2 grams of fiber for 130 calories.



[www.sunmaid.com](http://www.sunmaid.com)

## 100% Juice: ½ cup (4 fluid ounces)

For a refreshing way to enjoy fruits and vegetables, Bolthouse Farms® Juices deliver. Found in our produce department, Bolthouse Farms® offers 100% juice varieties like Carrot from only peeled and pressed baby carrots for a vitamin A- and C-packed treat.



[www.bolthouse.com](http://www.bolthouse.com)

### How to reach your daily 4½ cups of fruits and vegetables

### ½ cup serving totals

**Breakfast** – include ½ cup Bolthouse Farms® 100% Carrot Juice and ½ cup fresh Driscoll's® Raspberries

1 vegetable  
1 fruit

**Snack** – ¼ cup Sun-Maid® Raisins

1 fruit

**Lunch** – 1 cup dark leafy green salad and ½ cup assorted veggies mixed with ½ cup Bove's® Marinara Sauce

1 vegetable  
1 vegetable  
1 vegetable

**Snack** – 1 small apple

1 fruit

**Dinner** – a ½ cup side of Bush's® Best Baked Beans and ½ cup fresh strawberries with dessert

1 vegetable  
1 fruit

**Total = 4½ cups**

\*Based on an average 2,000-calorie meal plan from MyPyramid. Fruit and vegetable recommendations may be more or less depending on your total calorie needs.



# back to school

Let balanced nutrition get you and your kids through the hectic school days and schedules ahead.

## POWER UP WITH BREAKFAST

Build an all-star breakfast with foods from at least three different food groups such as lowfat milk, fruit and whole grain *Barbara's Bakery® Puffins® Cereal*. With 5 grams more fiber and a teaspoon less sugar per serving than similar cereals, *Puffins® Cinnamon* is sure to be a hit with parents and kids.

## ENERGY PACKED LUNCH

Lunch choices can make or break how you feel for the remainder of the day. Choose light and tasty whole grains like *La Tortilla Factory® Extra Virgin Olive Oil Softwraps*. Flavors like *Tomato Basil* and *Multigrain* contain 12 grams of fiber and 9 grams of protein for only 100 calories. That's an equation for energy and satiety!

Want a hot lunch? All you'll need is 60 seconds, a microwave and *Minute® Ready-to-Serve Rice Cups*. Their *Natural Whole Grain Brown Rice Cups* are a top pick with 2 grams of fiber for less than 200 calories. Pair with black beans and a salad for a lunch pick-me-up.

## SNACKS THAT COUNT

Healthful snacks are important for staying focused during homework and after-school activities. Plus, they're a vital part to healthy meal planning since they help meet food group goals.

Sweetened with fruit juice concentrate without the use of high fructose corn syrup, artificial flavors or colors, all-natural *Musselman's® Apple Sauce* is perfect on the go. Options like *Healthy Picks™ Blueberry Pomegranate* contain 3 teaspoons less sugar than traditional apple sauce varieties.

Swap out those empty-calorie soft drinks containing added sugars and artificial ingredients for a carbonated beverage with more! All natural *Switch® Beverages* are a healthy alternative to soda. *Switch®* is made with 100% fruit juice, natural flavoring and carbonation to provide 100% the Recommended Daily Allowance (RDA) for vitamin C. Enjoy fruity flavors like *Grape* and *Orange Tangerine* in easy-to-pack 8-ounce cans.



[www.barbarasbakery.com](http://www.barbarasbakery.com)



[www.latortillafactory.com](http://www.latortillafactory.com)



[www.minuterice.com](http://www.minuterice.com)



[www.musselmans.com](http://www.musselmans.com)



[www.switchbev.com](http://www.switchbev.com)



# BROWN BAG BASICS

Packing lunch to bring to school can be fun and nutritious. Eating a balanced lunch can give you lots of energy and make it easier to pay attention in class, too.

## DRINK

Milk  
100% Fruit Juice  
Water  
100% Vegetable Juice  
Soymilk

## MEAL

Peanut Butter & Jelly on 100% Whole Grain Bread  
  
Rolled Lunch Meat and Sliced Cheese  
  
Tortilla Wrap with Turkey & Veggies  
  
Hummus or Yogurt with Crackers  
  
Multigrain Bagel with Peanut Butter

## SIDE

Carrot & Celery Sticks with Lowfat Dressing  
  
Trail Mix with Dried Fruit  
  
Red & Green Pepper Sticks  
  
Broccoli & Baby Carrots

## DESSERT

Canned Fruit  
Fresh Fruit  
Applesauce  
Raisins  
Pudding  
Yogurt  
100% Fruit Leather

A lunch with carbohydrates, fat and protein will keep you feeling full. Create your own by circling a Drink, Meal, Side and Dessert!

**LUNCH BOX  
FOOD SAFETY 101**

- 🍎 Pack cold and warm foods separately in their own insulated containers.
- 🍎 Place an ice pack or other cold source (such as a frozen juice box) inside insulated lunchboxes.
- 🍎 Keep sandwiches, cold foods, dairy products and other perishable items refrigerated until you're ready to leave home.
- 🍎 Throw out uneaten leftovers from sandwiches, salads and pre-cut fruits and veggies.